

## Souper Season of Comfort, Winter 2001

### Power Pantry

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#### Split and Double

*Hello. Here's more fruit and vegetable news you can really enjoy. My wife, Treena, and I were both born in 1934. We've seen our metabolism reduce just a bit each 10 years since we were 30, so we've planned to eat a little less as the years carry on. One way we've done this when we eat out, is to order a "split and double." We split the main meat or fish portion like this salmon, and ask for a double portion of vegetables, especially bright green colored ones like this broccoli. This usually means that we get about 4 or 5 ounces of meat, poultry, or fish, balanced with 2-3 servings of vegetables in just one meal. You'll still have plenty of food, but there's much less waste (waist) no matter how you spell it! So, go on, do yourself a flavor. Enjoy your 5 or more servings of fruits and vegetables every day.*

#### **5 A Day tips for eating at restaurants:**

1. Ask to substitute some of your meat portion with extra vegetables.
2. Try a dinner salad as an entrée.
3. If a vegetable does not come with your entrée, order one as a side dish.